

## ABSTRACT OF THE DISCLOSURE

An adaptive pressure control method for  
synchronous downshifts in an automatic transmission that  
5 uses pressure actuated friction elements. The method uses  
characteristic parameters that determine downshift quality  
for both power-on downshifts and power-off downshifts.  
Selected measured variables are monitored to detect changes  
in the parameters. Adjustments for the friction elements  
10 are made in response to changes in the measured variables.